*** CALL FOR VOLUNTEERS ***

**Ground Search**

**Maisy Odjick & Shannon Alexander**

The Kitigan Zibi Anishinabeg Band’s Emergency Preparedness Committee in collaboration with the Odjick Family, the Mitchell-Alexander Family and the Kitigan Zibi Police Force are organizing another ground search in the forested areas and back roads of the community which were not fully searched during the previous searches. It should be noted that this search *is not based on recent tips received* by the families or the police but is rather a simple continuation from our previous searches.

The search will take place this weekend on:

**Saturday, October 23, 2010 (7:00 am to 5:00 pm).**

The Band will be looking for the following types of volunteers and equipment:

- Volunteers capable of walking for extended periods of time through rough terrains such as in the forest
- Volunteers with ATV vehicles (4-wheelers) or other types of off-road vehicles
- Volunteers who know the back roads and bike trails throughout the community
- Volunteers for food preparation, food donations and the organization of the coordination/reception center (meals)

This search will once again be coordinated by the **Search & Rescue Global 1 Team** who have extensive knowledge and experience in these types of searches.

In order to benefit from the limited daylight hours we have at this time of the year, all Volunteers interested in participating in this search are asked to report to the:

**Cultural Center (54 Makwa Mikan)** on Saturday morning *(7:00 am sharp!)*

to receive their instructions on how the search will proceed and to get teamed up with a **Search & Rescue Global 1 team leader**.

Continued on the back of the page
The following is a suggested list of items to bring with you if you have them:

<table>
<thead>
<tr>
<th>Item</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Water bottles</td>
<td>• Warm clothes (dress in layers if possible) and comfortable water</td>
</tr>
<tr>
<td>• School bag, back pack or pack sack that can be carried around</td>
<td>resistant boots (note: there will be a requirement to walk through</td>
</tr>
<tr>
<td>easily in the forest</td>
<td>wet and swampy areas)</td>
</tr>
<tr>
<td>• Orange hunting vest (if available)</td>
<td>• A Light Snack (ex: granola bars, juices, etc.)</td>
</tr>
<tr>
<td>• Extra set of dry clothes (especially socks) – be prepared for all</td>
<td>• Safety glasses to protect you from the tree branches when walking</td>
</tr>
<tr>
<td>kinds of weather and site conditions (ex: rain, snow, wet grass,</td>
<td>through the bush</td>
</tr>
<tr>
<td>etc.) – when walking through the bush especially in the early</td>
<td>• Gloves</td>
</tr>
<tr>
<td>morning, you can expect to get wet!!!</td>
<td></td>
</tr>
<tr>
<td>• Walking stick or straight branch of some sort for digging and</td>
<td></td>
</tr>
<tr>
<td>poking around the ground and under bushes</td>
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</tbody>
</table>

We are also expecting volunteers from out-of-town to help with this search. **Any help in organizing a light dinner, donations of food or drinks (such as sandwiches, desserts, muffins, soft drinks, juices, energy bars, fruit, veggie platters, etc.) for the volunteers would be greatly appreciated.**

For any donations of food, please contact Laurie (T.T.) Odjick at 819-449-5593 or simply bring it over to the Cultural Center on Saturday morning. For those wanting to bring over warm or cooked foods for the dinner, we suggest that you bring it over between 11:00 and 11:30 am since the Cultural Center is not really equipped with cooking or re-heating facilities.

If you have any questions regarding this flyer, you can contact Marlene Carle, Councillor or Marcel Brascoupe, Acting/ACSD at the Band Office at 819-449-5170.

Marcel Brascoupe, Acting/ACSD
November 20, 2010

CALL TO ACTION

FIRST NATIONS EDUCATION AWARENESS CAMPAIGN

Kwey Kakina;

Once again, the Kitigan Zibi Education Sector will be increasing its efforts to bring public awareness to the general population on the dangers that are quickly approaching to the upcoming changes to the Post Secondary Student Support Program and the under funding of Schools on reserve. Harper’s Conservative Government is not showing any concrete action to address a national call to improve First Nations education standards. To date, everything has been lip service.

We have no options except to continue our efforts and concentrate on continuing peaceful and pro-active activities to show government that we will not give in to waiting any longer. We must show government that we will not give up in our legitimate right to act on behalf of our children, and we will demonstrate our commitments to act by peaceful means of direct action.

Our next activity of direct action will be in the form of a traffic slow-down on the main highway, at Makwa and Kichi Mikan.

The date of this direct action will be on Tuesday November 9, 2010 at 7 am until 11 am. We will also be erecting a visual fixture to show the public of the reality that Harper’s Conservative Government has a vision to terminate the educational rights of our young people.

There is a working group that is assisting the front-line workers with ideas. All are dedicated in their efforts to have more people involved in protecting our young people’s rights to have the best quality education system that is owed to them.
We believe we all have to work together to protect this right. It is an entitlement that is rightfully owed to all First Nations children. Kitigan Zibi Anishinabeg will continue to take the lead in addressing our commitment to secure pro-active remedies to establish a strong foundation for the future education of First Nations young people.

As a member of Kitigan Zibi, you are important to this action.

We need your support and our young people need your support to address this issue. Each and every one of us has an obligation to stand and provide the effort to secure the long-term stability our young people require to make it in a 21st century world.

We will inform the community in coming week(s) of how we will coordinate our efforts in a public meeting. We hope that you will come and share your views to strengthen the focus in giving our young people the opportunity they deserve in facing the realities of life’s future.

Migwech,

Anita Tenasco
Director of Education
First Nations Youth Denied

Internationally Canada is seen as an example of freedom and tolerance, ensuring its citizens are treated with equality regardless of status.

Unfortunately this is not the experience of First Nations youth.

First Nation educators and students alike face inequity, intolerance, denial of fundamental rights and a complete lack of control.

This is completely unacceptable and we urge you as a member of the Canadian government to commit to change this situation.

Inequitable Funding

The Federal government established and sustains a two-tier system of education funding that has arbitrarily established the value of educating First Nations youth as being 25-50% below that of other Canadian youth. This type of policy is unfathomable in a modern first world country in the 21st century.

Education Gap

The Auditor General of Canada has found that a significant education gap exists between First Nations and the Canadian population as a whole and, rather than decreasing, the time estimated to close that gap continues to increase.

Research has shown that closing the education gap between Aboriginal and non-Aboriginal peoples would add $71 billion to Canada’s GDP by 2017.

In addition, Statistics Canada has predicted that Canada will face a labour shortage by 2017 as baby boomers retire and there are fewer workers to replace them.

Fortunately, First Nation youth represent a competitive advantage for Canada in replacing this diminishing workforce, but only if they are provided with the necessary skills and education.

Educated and employed First Nations youth contribute to the economy, pay taxes and increase productivity.

Empowered with a strong educational foundation, First Nations will contribute greatly to and jointly share in the economic prosperity of this country. It all starts with a solid education – a simple solution indeed!

Investing in First Nations education is an investment in Canada’s Future

First Nations people and youth want to be educated, establish careers and partner in Canada’s economic prosperity. To achieve this, they ask only to be treated equitably and fairly.

CALL TO ACTION ON EDUCATION - 2010

In order for the First Nations’ education crisis to be effectively addressed, First Nations need:

1. Respect for First Nation treaty and Aboriginal rights and reconciliation with federal and provincial education acts
2. An education guarantee
3. Sustainable statutory funding arrangements
4. The establishment of First Nations education systems
5. Support for the development of a culture of learning with linkages to the public and private sectors
Education not Incarceration

Simply put, investing in the education of First Nations youth makes sense. The expression ‘open a school - close a jail’ applies particularly to our population. First Nations youth are already hugely disproportionately represented in the prison population. Investments in education are critical to reversing this trend and will generate significant savings over the longer term.

The Supreme Court of Canada in R. v. Gladue [1999] stated that the over-representation of Aboriginal peoples at all levels of the criminal justice system was a “staggering injustice.”

- The incarceration rate of Aboriginal people in Canada is 1,024 per 100,000 prisoners—almost 9 times the incarceration rate for non-Aboriginal people, which is 117 per 100,000 people.
- Contrary to myths of free education for First Nations in Canada, every year more than 3,000 qualified First Nations high school graduates are denied access to post-secondary education due to a lack of funding.
- In 2008-09, the Indian Affairs Post-Secondary Support Program provided approximately $13,273 in post-secondary funding per year for First Nations student – far lower than the actual annual costs for an undergraduate degree, which were approximately $19,588 per year or $80,498 for a four-year degree.
- On average the incarceration of an Aboriginal woman in a federal prison costs between $175,000 to over $250,000 per year for a segregated maximum security unit.
- The new crime bill will continue disproportionate incarceration of First Nations peoples and perpetuate the “staggering injustice” while failing to address root causes, such as a lack of investment in First Nations education by the federal government and a lack of supports to address the inter-generational effects of colonization, federal policies of assimilation and residential schools.

Members of Parliament and Senators have a fiduciary responsibility to exercise due diligence and explore cost benefit analyses before they spend taxpayer dollars. Investing in First Nations incarceration over education is of no benefit to First Nations or Canadian tax payers.

First Nations Languages and Culture

In 1996, UNESCO stated that “Canada’s Aboriginal languages are among the most endangered in the world.”

Unfortunately, Canada continues to fail to take its responsibility seriously to do its utmost to preserve, promote and protect Indigenous languages. Currently, Canadian Heritage funding agreements dictate that First Nations focus on “recording” the deaths of our languages rather than supporting programs to preserve First Nations languages by increasing fluency in our schools and communities.

If this indefensible policy is allowed to continue, Aboriginal languages will no longer be “the most endangered in the world”. They will be extinct!

SUPPORT FROM REPORTS OF THE AUDITOR GENERAL OF CANADA

1986 Report of the Auditor General of Canada

The relevant sections of the Indian Act under which education to Indians is provided do not define education or provide any direction for its delivery. This means there is no firm basis on which a coherent and consistent policy on education can be formulated...The Department[of Indian Affairs] should develop clear policies and procedures for transferring control of education to Indian organizations.

1988 Report of the Auditor General of Canada

In the absence of enabling legislation...[Indian Affairs] obligations are not defined and therefore it cannot be held accountable to Parliament.

2000 Report of the Auditor General of Canada

Indian and Northern Affairs Canada cannot demonstrate that it meets its stated objective to assist First Nations students living on reserves in achieving their educational needs and aspirations.

2002 December Report of the Auditor General of Canada

First Nations reporting requirements established by federal government organizations are a significant burden....We estimated that at least 168 reports are required annually by the four federal organizations that provided the most funding for major federal programs....We found overlap and duplication among the required reports. With the exception of some financial reports, limited use is being made of the reports by the federal organizations sampled...

2004 November Report of the Auditor General of Canada

Indian and Northern Affairs Canada, in consultation with First Nations, should immediately develop and implement a comprehensive strategy and action plan, with targets, to close the education gap. It should also report progress to Parliament and to First Nations on a timely basis.
First Nations Successes

Since 1972 many successes have been realized through First Nations advocacy, administration and political pressure, often independently without federal government support. These successes include the development and implementation of progressive First Nations pedagogies for use in First Nations primary and secondary schools, and the development of a limited number of locally controlled early childhood education and preschool programs that feed into the K-12 programs.

The majority of these schools provide local language and culture programs that encompass the First Nations' vision of lifelong learning and are holistic, high quality, linguistic and culturally-based, and have shown to result in demonstrable and dramatic improvements in First Nations education outcomes. These success rates have also led to many First Nations pedagogies being shared with provincial jurisdictions.

In addition to elementary school successes, First Nations have developed 45 locally controlled Indigenous Institutes of Higher Learning that provide a full range of programs from adult education to graduate degrees, with over 10,000 learners enrolled each year. First Nations have also developed high quality advanced certification processes for instructors, programs and facilities that are First Nations administered.

First Nations educational successes also include a growing number of highly educated First Nations people who have chosen to work in the education field as certified teaching personnel, counselors, education specialists, school administrators, education authorities, scholars, university professors, college presidents and deans.

All of these positive changes have been the result of the dedication and hard work of First Nations educators and leaders and the systems they have worked tirelessly to develop.

Other First Nations Successes

- 0 First Nations elementary and secondary schools in 1972 to over 500 schools in 2010
- First Nations schools educate over 71,000 students per year, or 60% of all First Nations students attending school nationally
- Approximately 33,000 First Nations students are currently enrolled in post-secondary institutions, compared to only 3 enrolled in the early 1960s
- Over 4,000 First Nations students graduate annually from post-secondary institutes
- Over 80% of First Nations youth value the ability to speak their language

It has been a long struggle to achieve this much... imagine what would be possible with Canada's collaboration and cooperation!

FIRST STEPS TO ADDRESSING THE EDUCATION CRISIS:

The following initiatives must be undertaken to address chronic education issues with First Nations schools and ensure that First Nations children and youth receive an equitable education opportunity and are fully engaged, proud and successful learners:

1. Invest in Schools
Many First Nations schools need to be replaced, renovated or built in order to address sub-standard, unhealthy and unsafe school environments and infrastructure, including:
   - overcrowding, extreme mould, high carbon dioxide levels, sewage fumes, frozen pipes, unheated portables, too many portables, and a lack of gymnasia, libraries, and computer labs

2. Establish an Education Guarantee
First Nations have been in a federally imposed recession for the last 3 decades due to a 2% cap on funding. This outdated and unjustifiable funding formula provides:
   - $0 for libraries
   - $0 for computers, software and teacher training
   - $0 for First Nations data management systems
   - $0 for 2nd & 3rd level services, including school boards, governance and education research
   - $0 for endangered languages in most provinces
   - $0 for principals, directors, pedagogical support, or the development of culturally-appropriate curricula

3. Ensure comparable and equitable resources for First Nations schools
   - Provincial schools receive between 25-50% more funding in total per student than First Nations schools
   - A First Nations child's education, in terms of tuition, is funded between $2,000 to $3,000 less on average than a non-First Nations child in a nearby provincial school
   - First Nations Comprehensive Education Systems are not funded adequately as compared to Provincial Systems

If First Nations are to achieve graduation rates similar to Canadians, then First Nations schools must be provided the resources to provide a comparable education!
First Nations Control of First Nations Education (FNCFNE) is a strategic policy framework by and for First Nations to assume their rightful responsibility to direct and make decisions regarding all matters related to First Nations' learning. First Nations peoples understand that learning is a formal and informal, instinctive, and experiential lifelong journey, encompassing early childhood learning, elementary and secondary school, post-secondary education (PSE), adult learning and career, vocational and technical training.

The primary role of holistically balanced First Nations learning systems is to transmit First Nations ancestral languages, traditions, cultures, economic frameworks and histories, while at the same time preparing and making accessible to the learner the support and tools that will allow them to achieve their full individual potential in any setting they choose. This process is essential to actualizing an individual's success in society and providing a strong foundation for empowering proud First Nations people who are fully able to contribute to the development of their families, clans, communities and nations.

All governments in this country must work together to ensure that this lifelong journey is built upon experiences that embrace both Indigenous and mainstream western knowledge systems and that First Nations have access to the supports necessary to achieve successful education outcomes at all stages.

The primary objectives of the FNCFNE framework are to:

1. Ensure First Nation lifelong learners have access to an education system with programs and services grounded in First Nations languages, values, traditions and knowledge
2. Build and sustain First Nation capacity and institutional development so as to deliver a wide spectrum of quality programs and services across the learning continuum
3. Implement First Nations control of First Nations education

Each of the primary objectives is supported by strategic recommendations that are linked to clearly articulated outcomes and deliverables that can be realistically achieved through the full and complete implementation of the policy framework. The implementation of the FNCFNE policy framework, however, is dependent upon the initiative of federal, provincial, territorial and First Nations governments to work cooperatively, collaboratively and in good faith to resolve the crisis of First Nations' education in Canada.

First Nations peoples are now calling on you, as a representative of the Canadian people, to support the realization of this fundamental goal.

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**What are First Nations requesting?**

1. Broad political support for any forthcoming legislation or private member motions that support adequate resources and funding for First Nations education
2. Supports for First Nations languages that are comparable to those provided to French and other languages across Canada
3. Solid legislative and financial frameworks for post-secondary education, early childhood education, primary and secondary school, language immersion, school systems and mutual accountability
4. Broad political support and action towards the full implementation of First Nations control of First Nations education

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Assembly of First Nations
473 Albert Street, Suite 810
Ottawa, ON Canada K1R 5B4

Telephone: (613) 241-6789
Toll-free: 1-866-869-6789
Fax: (613) 241-5808

www.afn.ca
October 20, 2010

Kitigan Zibi Anishinabeg Community Members:

The KZA Band Council wishes to inform all community members that it has received a letter from INAC confirming that they are prepared to accept for negotiation 23 specific claims as part of the Global Settlement Project. This is an important step for the community as the research work for the specific claims had been on-going for many years and the objective was to reach the point of negotiations with the goal of achieving a final agreement.

The KZA Band Council provided information in regards to INAC’s confirmation at the last Community Band Meeting. We are now providing the letter and documentation which we received from INAC as we believe that it is important for the community to be kept informed of this matter.

The intent of the Band Council is to proceed with the negotiations but before we do, we will gather all the necessary information that is required and which will allow the negotiators to be ready to go to the negotiation table. We believe that our preliminary work will take from 2 to 4 months and that negotiations could start some time in 2011. The target is to have a negotiation team established in 2011 which would allow for the negotiations to proceed in a timely manner.

The Band Council and/or the negotiation team would provide regular updates to the community once negotiations begin in regards to the specific claims. It is very important to also note that the Band Council can not and will not sign any final agreement unless it has been ratified by a duly authorized and run community referendum.

All KZA community members wishing to receive clarification or additional information are invited to contact the Community Services Sector.

Kitigan Zibi Anishinabeg Band Council

[Signature]
Chief Gilbert William Whiteduck
Kitigan Zibi Anishinabeg First Nation
P.O. Box 309
MANIWAKI QC J9E 3C9

Dear Chief Whiteduck:

I wish to inform you that based on the analysis of evidence documented by the Kitigan Zibi Anishinabeg First Nation and by the Specific Claims Branch, and pursuant to the Specific Claims Policy (the Policy) as set out in The Specific Claims Policy and Process Guide, it is the decision of the Minister of Indian Affairs and Northern Development to accept for negotiation 23 specific claims as part of the Global Settlement Project (GSP). The GSP will also include the Surrender 408 claim which was previously accepted for negotiation on April 2, 2003. It is also the Minister of Indian Affairs and Northern Development’s decision not to accept for negotiation two specific claims, which two claims are also part of the GSP, on the basis that there are no outstanding lawful obligations on the part of the Government of Canada (see the enclosed table for detailed information on the claims referred to in this letter).

It is expected that the negotiated settlement of the claims addressed in the GSP will result in:

- all Kitigan Zibi Anishinabeg First Nation land related specific claims within the reserve, as it existed when it was created, being settled;
- all land issues within the Town of Maniwaki being resolved;
- an absolute surrender being provided by the Kitigan Zibi Anishinabeg First Nation for lands subject to specific claims based on an alleged alienation of lands;
- litigation T-2884-96 filed in the Federal Court by the Kitigan Zibi Anishinabeg First Nation being resolved (this litigation overlaps with the following claims which are part of the GSP: surrenders 136, 337, 373, 134, 256, 380, 369, 405 and 408); and,
- provisions in the settlement agreement excluding the Town of Maniwaki from the selection area for any Additions-to-Reserves pursuant to this settlement.
In addition to the 408 surrender claim that has been already accepted for negotiation, the Government of Canada is accepting the 23 following claims on the basis that they give rise to an outstanding lawful obligation:

- Invalid surrenders: 257, 276, 277, 291, 292, 324, 330, 337, 369, 373, Shore Allowance and Road Allowance.
- Invalid surrenders: 388, 389, 392, 395, 396, 403, 405, 430, 504. The Government of Canada is of the opinion that these claims give rise to an outstanding lawful obligation. The evidence is not as strong for these surrenders as it is for the others. Consequently, this will be taken into account in determining appropriate compensation.
- Surrender 389: The Government of Canada, in a letter dated August 17, 2007, indicated that there was no outstanding lawful obligation in respect to Surrender 389. However, new evidence suggests that this claim does give rise to an outstanding lawful obligation. Therefore this claim will be deemed to have been filed with the Minister on October 16, 2008 and is accepted for negotiation.
- Surrender 134: The surrender is valid, but the Government of Canada is of the opinion that the Crown failed to compensate the First Nation for 27 acres of land that were surrendered.
- Surrender 238: The surrender is valid, but the Government of Canada is of the opinion that there was a breach of post-surrender fiduciary duty that gives rise to an outstanding lawful obligation because the lease proceeds were not paid to the First Nation as had been requested.

The two claims that the Government of Canada is not accepting for negotiation, because they do not give rise to an outstanding lawful obligation, are:

- Surrender 136 for lease covering lots 1, 2, 3, 12 to 16 of the Desert Front Range: The Government of Canada is of the view that it is valid. (Lots 12 to 16 were returned to the reserve between 1947 and 1951. Lots 1, 2 and 3 were surrendered for sale in 1894 through Surrender 373 which is invalid).
- Surrender 256 for lease covering four acres in lot 4 of the Desert Front Range: The Government of Canada is of the view that it is valid. (These lands were surrendered for sale in 1894 through Surrender 373, which is found to be invalid).

It is noted that lots 1, 2 and 3 of the Surrender 136 claim and lot 4 of the Surrender 256 claim are included in the Surrender 373 claim which is accepted for negotiation as part of the GSP on the basis of an invalid surrender.
A compensation approach to the GSP cannot be formalized at this point in the process, however, consideration of compensation will be guided by the compensation criteria of the Policy which are excerpted and enclosed (see Annex), primarily criterion 1. Compensation will be based on the equitable principle of restitution. The goal of compensation is to put the First Nation in the position it would have been in had Canada not breached its fiduciary duties.

Factors that are likely to be taken into consideration when determining compensation are as follows:

- Compensation will be provided only with regard to the 24 claims giving rise to an outstanding lawful obligation.
- The fact that the evidence is not as strong in respect to certain surrenders that are being considered invalid will be taken into account.
- Criterion 3(ii) will be applicable only if the First Nation demonstrates that it suffered loss of use.
- Because of the large number of surrenders involved and the overlap between surrenders for lease and surrenders for sale, the surface area included in these negotiations and ownership of the lands will have to be determined.
- Compensation for the value of the land and loss of use, if proven, could be provided for lands surrendered for sale that were never returned to the reserve. Additional compensation for loss of use could also be provided for lands surrendered for lease, as well as for lands that were surrendered for sale, but later returned to the reserve. However, for lands surrendered before 1914 and returned to the reserve, Criteria 3(ii) will be applicable only if the First Nation demonstrates that it suffered loss of use between the time of the surrender and the time the land was returned.
- The First Nation received payments following all the surrenders (lease or sale). Therefore, these monies will be deducted from the compensation.
- Monies provided to the First Nation with regard to the settlement of past claims that overlap with the claims included in the GSP will have to be deducted from the compensation to avoid double compensation.

As part of any final settlement of these specific claims, Canada will require that the Kitigan Zibi Anishinabeg First Nation release Canada from any and all liability in respect to the entirety of the specific claims relating to lands inside the limits of the Town of Maniwaki, as well as litigation T-2884-96. Canada may request...
releases for the Surrender 136 and 256 claims as well. Canada will require that the Kitigan Zibi Anishinabeg First Nation indemnify Canada against any claim or demand with respect to the specific claims that are settled through the GSP. Canada will require a surrender of all the lands involved in the specific claims that comprise the GSP, except for lands which have been returned to the reserve. Canada will also require a Solicitor’s Certificate and Certificate of Financial Advice respectively stating the First Nation was provided legal advice with respect to the claim, including its negotiation and settlement, as well as advice on the management of the settlement proceeds.

Benoît Chartrand, Negotiator, Negotiations Directorate, will contact you shortly to organize a meeting to discuss Canada’s basis for acceptance, approach to compensation, release and surrender requirements. In the meantime, you can reach Mr. Chartrand at (819) 953-6431.

After the meeting with Mr. Chartrand and prior to entering into negotiations on your specific claim, Canada will require a Band Council Resolution (BCR), from the Kitigan Zibi Anishinabeg First Nation. The BCR must:

- confirm that the Kitigan Zibi Anishinabeg First Nation agrees to negotiate the claim;
- confirm and accept the basis for the acceptance of this claim for negotiations as set out in this letter;
- confirm the application of the compensation criteria of the Policy as set out above;
- acknowledge and accept that the negotiations will be conducted pursuant to the Policy, including the $150 million limit per claim settlement; and
- acknowledge and accept that a full release on all aspects of the claims as submitted will be provided as part of the final settlement agreement.

Receipt of the BCR as soon as possible will facilitate the timely resolution of your specific claim.

Should you decide to enter into negotiations to resolve your specific claim, please send a BCR containing the above information to Ms. Janine Dunlop, Director, at:

Negotiations Directorate
Specific Claims Branch
Indian and Northern Affairs Canada
10 Wellington St., Room 1610
OTTAWA ON K1A 0H4
Telephone: (819) 994-7440 Fax: (819) 953-9618
Before you incur negotiation costs, including legal costs, I encourage you to obtain information, details, and procedures for loans under the Native Claimants Loan Program by contacting Mr. Tony Richard, Director General, at:

Financial Management and Strategic Services
Indian and Northern Affairs Canada
10 Wellington St., Room 1360
OTTAWA ON K1A 0H4

Telephone: (819) 997-9757       Fax: (819) 994-0273

Please be advised that this notice is written on a 'without prejudice' basis and should not be considered an admission of fact or liability by the Crown. In the event this claim becomes the subject of litigation, the government reserves the right to plead all defences available to it including technical defences such as limitation periods, strict rules of evidence or the doctrine of laches. Further, you should be aware that Government of Canada files are subject to the Access to Information Act and the Privacy Act.

I send my best wishes to your First Nation and look forward to a resolution of your specific claims in a way that is fair and acceptable to both the Kitigan Zibi Anishinabeg First Nation and Canada.

Sincerely,

Michel Roy
Senior Assistant Deputy Minister
Treaties and Aboriginal Government

Encl.
Annex – List of Compensation Criteria

Compensation criteria under The Specific Claims Policy and Process Guide are the following:

1. As a general rule, a claimant band shall be compensated for the loss it has incurred and the damages it has suffered as a consequence of the breach by the federal government of its lawful obligations. This compensation will be based on legal principles.

2. Where a claimant band can establish that certain of its reserve lands were taken or damaged under legal authority, but that no compensation was ever paid, the band shall be compensated by the payment of the value of these lands at the time of the taking or the amount of the damage done, whichever is the case.

3. (i) Where a claimant band can establish that certain of its reserve lands were never lawfully surrendered, or otherwise taken under legal authority, the band shall be compensated either by the return of these lands or by payment of the current, unimproved value of the lands.
   (ii) Compensation may include an amount based on the loss of use of the lands in question, where it can be established that the claimants did in fact suffer such a loss. In every case the loss shall be the net loss.

4. Compensation shall not include any additional amount based on "special value to owner", unless it can be established that the land in question had a special economic value to the claimant band, over and above its market value.

5. Compensation shall not include any additional amount for the forcible taking of land.

6. Where compensation received is to be used for the purchase of other lands, such compensation may include reasonable acquisition costs, but these must not exceed 10 percent of the appraised value of the lands to be acquired.

7. Where it can be justified, a reasonable portion of the costs of negotiation may be added to the compensation paid.

8. In any settlement of specific native claims, the government will take third party interests into account. As a general rule, the government will not accept any settlement which will lead to third parties being dispossessed.

9. Any compensation paid in respect to a claim shall take into account any previous expenditure already paid to the claimant in respect to the same claim.

10. The criteria set out above are general in nature and the actual amount which the claimant is offered will depend on the extent to which the claimant has established a valid claim, the burden of which rests with the claimant. As an example, where there is doubt that the lands in question were ever reserve land, the degree of doubt will be reflected in the compensation offered.
<table>
<thead>
<tr>
<th>Claim</th>
<th>Allegations</th>
<th>Canada's position</th>
<th>Surface Area (acres)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Surrender 134</td>
<td>Alleges an invalid surrender due to falsification of signature and breach of fiduciary obligation in obtaining sufficient timber revenues and rents from farmland.</td>
<td>The surrender was obtained in compliance with the statutory requirements for a surrender. However, there is an outstanding lawful obligation because no rents were paid for Gilmor's lots between 1937 and 1948 and no compensation for the sale of these lots in 1948 (27 acres).</td>
<td>91 in total: 17, lots 24 and 25 DFR; 27, lots 5 and 6 (lot B); 47, lots 34 and 35</td>
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<tr>
<td>Sept. 1873 (sale)</td>
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<tr>
<td>Surrender 136</td>
<td>Alleges an invalid surrender and illegal payment of proceeds to individuals from the lease of reserve land - lot 1, 2, 3, 12-16 Desert Front Range.</td>
<td>The surrender was obtained in compliance with the statutory requirements for a surrender. Lots 1, 2 and 3 were sold in 1894 through surrender 373. Surrender 373 claim is accepted for negotiations as part of the Global Settlement Project.</td>
<td>370: North of lot 1, 2, 3 DFR; lots 12-16 DFR</td>
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<tr>
<td>Aug. 1873 (lease)</td>
<td></td>
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<tr>
<td>Surrender 238</td>
<td>Alleges an invalid surrender due to an unauthorized meeting and illegal payment of proceeds to individuals from the lease of reserve land.</td>
<td>The surrender was obtained in compliance with the statutory requirements for a surrender. However, there is an outstanding lawful obligation because the lease proceeds were paid to the heirs of former Chief Pakinawatuck instead of being paid to the band as indicated in the surrender document.</td>
<td>5: lot 4 DFR</td>
</tr>
<tr>
<td>Surrender</td>
<td>Allegation</td>
<td>Reason</td>
<td>GSP Case No.</td>
</tr>
<tr>
<td>-----------</td>
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</tr>
<tr>
<td>256</td>
<td>Allege a transgression of the law during the surrender for lease of Lot 4.</td>
<td>The surrender was obtained in compliance with the statutory requirements for a surrender. However, these lands were surrendered for sale in 1894 through the surrender 373. The surrender 373 claim is accepted for negotiations as part of the Global Settlement Project.</td>
<td>4: lot 4 DFR</td>
</tr>
<tr>
<td>257</td>
<td>Alleges that the surrender of 10,000 square feet of Lot 3 Desert Front Range on December 26, 1887 is invalid due to its fraudulent nature; a breach of duty regarding the proper surrender of reserve land and failure to adhere to Indian Act provisions; that DIAND failed to instruct the Indian Agent to obtain the consent of the Band for the rental amount; and that DIAND accepted a flawed surrender document and failed in its fiduciary duty to the Band.</td>
<td>The surrender was not obtained in compliance with the statutory requirements for a surrender as a majority of the eligible voters was not present at the surrender meeting.</td>
<td>1: lot 3 DFR</td>
</tr>
<tr>
<td>276</td>
<td>Alleges that the surrender for lease of one half acre of Lot 3 Desert Front Range on August 23, 1889 is invalid because of its fraudulent nature; a failure to adhere to the provisions of the Indian Act regarding surrenders; a failure to authorize the Indian Agent to provide a proper evaluation of the land with the best interests of the FN.</td>
<td>The surrender was not obtained in compliance with the statutory requirements for a surrender as a majority of the eligible voters was not present at the surrender meeting.</td>
<td>0,5: lot 3 DFR</td>
</tr>
</tbody>
</table>
## KZA Global Settlement Project

<table>
<thead>
<tr>
<th>Surrender 277 Aug. 1889 (lease)</th>
<th>Alleges that the surrender for lease of 1 acre of Lot 4 Desert Front Range on August 23, 1889 is invalid due to its fraudulent nature and proceeds were illegally paid to individuals.</th>
<th>The surrender was not obtained in compliance with the statutory requirements for a surrender as a majority of the eligible voters was not present at the surrender meeting.</th>
<th>1: lot 4 DFR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Surrender 291 Dec. 1890 (lease)</td>
<td>Alleges an invalid surrender on the basis of false statements and conflict of interests; and illegal payment of proceeds to individuals from the lease of reserve land - Lot 3, Desert Front Range (3/8 of an acre).</td>
<td>The surrender was not obtained in compliance with the statutory requirements for a surrender as a majority of the eligible voters was not present at the surrender meeting.</td>
<td>0.38: lot 3 DFR</td>
</tr>
<tr>
<td>Surrender 292 Dec. 1890 (lease)</td>
<td>Alleges an invalid surrender due to its ambiguity and fraudulent nature; illegal payment of proceeds to individuals from the lease of reserve land.</td>
<td>The surrender was not obtained in compliance with the statutory requirements for a surrender as a majority of the eligible voters was not present at the surrender meeting. The lease proceeds were paid to the heirs of former Chief Pakinawatrick instead of being paid to the band as indicated in the surrender document.</td>
<td>0.75: lot 3 DFR</td>
</tr>
<tr>
<td>Surrender</td>
<td>Allegation</td>
<td>Outcome</td>
<td>parcels</td>
</tr>
<tr>
<td>-----------</td>
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</tr>
<tr>
<td>324 Aug. 1892 (lease)</td>
<td>Alleges that the surrender for lease is invalid on the basis that only 20 of the eligible band members signed the surrender document, that it suffered from loss of use and revenue, and that the Crown breached its fiduciary duty to the FN in all instances relating to the administration of reserve land.</td>
<td>The surrender was not obtained in compliance with the statutory requirements for a surrender as a majority of the eligible voters was not present at the surrender meeting.</td>
<td>92: lots 51-53, range 8</td>
</tr>
<tr>
<td>330 Jan. 1893 (lease)</td>
<td>Alleges that the surrender for lease of 1.13 acres of Lot 3 Desert Front Range was invalid, and payment of proceeds to individuals was illegal.</td>
<td>The surrender was not obtained in compliance with the statutory requirements for a surrender as a majority of the eligible voters was not present at the surrender meeting</td>
<td>1,13: lot 3 DFR</td>
</tr>
<tr>
<td>337 June 1893 (lease)</td>
<td>Alleges an illegal sale of reserve land - unsurrendered portion of Lot 4, Desert Front Range</td>
<td>The surrender was not obtained in compliance with the statutory requirements for a surrender as a majority of the eligible voters was not present at the surrender meeting.</td>
<td>21: lot 4 DFR</td>
</tr>
<tr>
<td>Date</td>
<td>Allegations</td>
<td>Details</td>
<td>Reference</td>
</tr>
<tr>
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<td>-----------------------------------------------------------------------------</td>
<td>---------------------------------------------------------------------------------------------------</td>
<td>-----------</td>
</tr>
<tr>
<td>Aug. 1895</td>
<td>Alleges an invalid surrender on the basis of forgery of the signatures and other irregularities; manipulation and exploitation on the part of Indian Agent Martin by appointing Charles Logue as Indian Agent; inadequate compensation for the land sold under its market value; expenditure approved from band funds for the construction of a bridge without the band's agreement.</td>
<td>The surrender was not obtained in compliance with the statutory requirements for a surrender as a majority of the eligible voters was not present at the surrender meeting. Moreover, there was inadequate compensation for the land sold under its market value. The Crown approved an expense without the band's agreement.</td>
<td>75:  lot 5 DFR</td>
</tr>
<tr>
<td>June 1894</td>
<td>Alleges an invalid surrender on the basis of fraudulent tactics; illegal payments of proceeds made to individuals and the Chief to the detriment of the band and funds were removed from the band's account.</td>
<td>The surrender was not obtained in compliance with the statutory requirements for a surrender as a majority of the eligible voters was not present at the surrender meeting.</td>
<td>190:  lots 1-4 DFR</td>
</tr>
<tr>
<td>June 1897</td>
<td>Alleges that the surrender #388 is invalid and that the Crown failed its fiduciary duty by allowing alienation of reserve lands by virtue of an illegal surrender.</td>
<td>The surrender does not appear to have been obtained in compliance with the statutory requirements for a surrender as a majority of the eligible voters may not have been present at the surrender meeting. However the evidence is weak.</td>
<td>157,4:  lot 24 RRW; lot 23 of Range 4; lot 6 DFR</td>
</tr>
<tr>
<td>Surrender 389 June 1897 (sale)</td>
<td>Alleges that the surrender dated June 25, 1897 is invalid because of the fraudulent nature.</td>
<td>The surrender does not appear to have been obtained in compliance with the statutory requirements for a surrender as a majority of the eligible voters may not have been present at the surrender meeting. However the evidence is weak.</td>
<td>310: lots 18-21 RRE; 18-20 GFR</td>
</tr>
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<td>-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
<td>--------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Surrender 392 Dec. 1897 (sale)</td>
<td>Alleges an improper surrender for sale of approximately 30 acres in lots 10 and 11 Desert Front Range and in lot 25 in 4th and 5th Range, dated 18 December 1897. FN alleges loss of use and revenue between 1897 and 1902 due to the Department's mismanagement of the lots.</td>
<td>The surrender does not appear to have been obtained in compliance with the statutory requirements for a surrender as a majority of the eligible voters may not have been present at the surrender meeting. However the evidence is weak.</td>
<td>30: lots 10-11DFR; lot 25 of Range 24; lot 25 of Range 25</td>
</tr>
<tr>
<td>Surrender 395 June 1898 (lease)</td>
<td>Alleges an improper surrender of reserve land on June 4, 1898 which resulted in loss of use and revenue. Failure to fulfill fiduciary duty related to the administration of the land.</td>
<td>The surrender does not appear to have been obtained in compliance with the statutory requirements for a surrender as a majority of the eligible voters may not have been present at the surrender meeting. However the evidence is weak.</td>
<td>60: lot 14 of Range 7</td>
</tr>
<tr>
<td>Surrender 396 June 1898 (lease)</td>
<td>Alleges an improper surrender of reserve land on June 4, 1898 which resulted in loss of use and revenue. Failure to fulfill fiduciary duty related to the administration of the land.</td>
<td>The surrender does not appear to have been obtained in compliance with the statutory requirements for a surrender as a majority of the eligible voters may not have been present at the surrender meeting. However the evidence is weak.</td>
<td>38: lot 11 RRE</td>
</tr>
<tr>
<td>Surrender 403</td>
<td>Alleges an improper surrender of reserve land on June 4, 1898 which resulted in loss of use and revenue. Failure to fulfill fiduciary duty related to the administration of the land.</td>
<td>The surrender does not appear to have been obtained in compliance with the statutory requirements for a surrender as a majority of the eligible voters may not have been present at the surrender meeting. However the evidence is weak.</td>
<td>2: lot 14 RRW</td>
</tr>
<tr>
<td>Surrender 405</td>
<td>Alleges that the 1898 surrender was invalid.</td>
<td>The surrender does not appear to have been obtained in compliance with the statutory requirements for a surrender as a majority of the eligible voters may not have been present at the surrender meeting. However the evidence is weak.</td>
<td>101: parts of lots 1, 2 and 4</td>
</tr>
<tr>
<td>Surrender 408</td>
<td>Alleges that the 1899 surrender of Lots 32, 33 &amp; 34, Gatineau Front Range, which involves approximately 64.4 acres, was invalid, and that the subsequent sale of lots was illegal.</td>
<td>The surrender was not obtained in compliance with the statutory requirements for a surrender as a majority of the eligible voters was not present at the surrender meeting.</td>
<td>64: lots 32-34 GFR</td>
</tr>
<tr>
<td>Surrender 430</td>
<td>Alleges an improper surrender of reserve land on January 8, 1900 which resulted in loss of use and revenue. Failure to fulfill fiduciary duty related to the administration of the land.</td>
<td>The surrender does not appear to have been obtained in compliance with the statutory requirements for a surrender as a majority of the eligible voters may not have been present at the surrender meeting. However the evidence is weak.</td>
<td>39,9: lots 14 and 15 RRW</td>
</tr>
<tr>
<td>KZA Global Settlement Project</td>
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<tr>
<td><strong>Surrender 504 Mar. 1905 (sale)</strong></td>
<td>Alleges that the 1905 surrender was invalid and the lack of consent by the FN for a 1925 right-of-way.</td>
<td>The surrender does not appear to have been obtained in compliance with the statutory requirements for a surrender as a majority of the eligible voters may not have been present at the surrender meeting. However the evidence is weak.</td>
<td>28: 10 acres on lot 4-6 GFR; 18 acres on lot 6-19 GFR</td>
</tr>
<tr>
<td><strong>Shore Allowances</strong></td>
<td>Alleges that third parties use the shore allowance without prior authorization; alienation of the shore allowance without the required surrender; the shore allowance remains Indian Reserve.</td>
<td>The sale of this land is an illegal alienation of land reserved for the Indians.</td>
<td>unknown</td>
</tr>
<tr>
<td><strong>Road Allowances</strong></td>
<td>Alleges to recognize the status of Indian reserve on the paths that divide the lots formerly known as the cadastral lots RDG 1-4 (part of the surrender 373) and lots 32-34 GFR (part of the surrender 408) and the paths giving access to the subdivision of these lots into smaller lots. Between 1873 and 1899, the FN agreed on surrenders that cover either a portion of the lots in question or the whole batch in order to rent or sell (surrenders 136, 238, 256, 257, 276, 277, 291 and 330 for rental, and 373, 405 and 408 for purposes of sale). The FN alleges that the roads bordering the lots sold were excluded from the surrenders.</td>
<td>Surrenders 337, 369, 373, 388, 405 and 408 are invalid.</td>
<td></td>
</tr>
</tbody>
</table>
"All truly great thoughts are conceived by walking."
Friedrich Nietzsche

A month has gone by since some of our community members have walked from Kitigan Zibi to Parliament Hill. (150km)

Your blisters have healed, your swollen feet and legs have repaired themselves, your knees are somewhat back to normal...

The walk that you carried out from September 19 - 23, 2010 proved that you believe in the future of our community's children, you believe in the future of First Nations children, you believe in quality First Nations Education and that the Government of Canada must end the under funding of First Nations Education.

Kichi migwech walkers!

From: The Kitigan Zibi Education Sector
And
Kitigan Zibi's students
Memorandum

October 18, 2010

To: Kitigan Zibi Anishinabeg Community Members

From: Chief Gilbert W. Whiteduck
        KZA Band Council

Subject: KZA Band Council Portfolios-Amendment

Please take note of the following changes in regards to KZA Band Council portfolios:

Councillor Marlene Carle has agreed to take on the portfolio for housing (new housing, housing repairs and KZA rentals) in addition to her present portfolios which are Health and Social Services, Finance, Algonquin language and culture, and Youth.

Councillor Karen Buckshot has agreed to take on the portfolio for roads in addition to her present portfolios which are, Employment and Training, Women and Elders, Lands and Membership, Community Election Code, Finance, Algonquin language and culture, and Youth.

Migwech.
Dear Band Members,

All Band Members who wish to have their name in the Annual Housing Subsidy Draw must have their soil tested before the ground freeze that is no later then the end of October.

Those whose land is adjacent to the Bands water and sewer line do not require the soil Test for the septic field however a soil test may be required to verify the water table level to ensure the basement is not subject to annual spring flooding or during period of heavy rain.

Once the soil is tested and the building site is considered properly drainable those who wish to be considered for housing must also produce an approved housing plan and prove they have the necessary funding to complete the home.

Every effort should be made to build during the summer months because construction during the winter increases the cost and is often slower because of the cold weather.

Remember that all cost overruns are at the expense of the home owner and it is in your best interest to plan carefully to avoid added cost.

KZA will help you with your planning however in the end each housing recipient is responsible for his/her construction.

The Annual Draw is planned for December 2010. Once the Annual budgets are confirmed by Indian Affairs, we will inform you of the draw date.

Once the recipients are selected the process of planning should immediately begin in order to start the construction in early June of 2011.

If you have any questions regarding Housing Construction do not hesitate to contact myself or Stuart McGregor.

Yours truly,

Jean Guy Whiteduck
Community Services Director

JGW/jd
NOTICE

October 18, 2010

Dear Band Members,

This is to inform you that we have exhausted our Repair Budget for this fiscal year.

Only serious emergency repairs may be considered.

Planned and approved repairs will be completed before the winter months providing crews are available and the weather allows for the work to be completed before December 15, 2010. If not they will be deferred to April 1, 2011.

If you need essential repairs on your home for next year now is the time to begin planning by having your house inspected. Once the inspection is completed a cost evaluation is made and you will be informed of your financial participation required.

Only essential structure repairs are considered and any cosmetic changes will not be considered.

The Annual 2011 Repair Budget has not been confirmed by Indian Affairs. Once confirmed a priority list will be established with the houses most in need of repairs to be considered as priority.

If you have any questions about repairs do not hesitate to call me at your convenience.

Yours truly,

[Signature]
Jean Guy Whiteduck
Community Services Director

JGW/jd
Notice

October 18, 2010

Dear Band Members,

This is to inform you that KZA has over 100 cords of Mixed Hardwood for sale at $45.00 a cord delivered.

We also have Red Pine Slabs and Split for a fee of $20.00 a cord delivered.

If you wish to purchase the wood please contact Dolores Odjick, Accounts Receivable Clerk and pay her for the volume required and we will promptly deliver the wood to your home.

Yours truly,

Jean Guy Whiteduck
Community Services Director

JGW/jd
Training Opportunity – Technical Training in Forestry

Natural Resource and Wildlife Department in association with REXFORET is offering a 6 week course for technical training in forestry. This training will allow participants to acquire basic technical knowledge in the forestry field in order to fulfill potential future needs of our community. This course would be interesting to those community members who are interested in the technical side of forestry such as forest inventory, tree marking, or to determine if Forest Technician or Forest Engineer is a possible career for you.

Training is anticipated to start **November 8, 2010** and end **December 17, 2010**

Training will be occurring in both the field and classroom.

Topics that will be covered in the course are botany, mapping, aerial photos, technical instruments, GPS, forestry work, inventory, occupational health and safety, RNI, wildlife survey techniques and data compilation and analysis.

Following are some basic rules and regulations:

- Participants are to be on time and in good physical shape every day
- Participants must bring all necessary safety equipment and tools to the site everyday
- Participants must be willing to listen and learn

Participants must comply with the rules and regulations at all times and show a real interest in this course, it is not to be taken lightly as this is a preliminary for future possible employment opportunities and training. Those who do not meet the minimum requirements will not be kept in the team.

If you are interested in this training opportunity, please provide the completed application which is attached and forward it to Linda Dwyer-Commando at the Natural Resource Building (next to CKWE) or drop off at the Band Office before November 1, 2010.

If you have any questions please call (819) 441-2323 ext. 21.
Technical Training in Forestry 2010

APPLICATION FORM

Deadline to apply: November 1, 2010 @ 4:00 p.m.

Name: ________________________________________

Date of Birth: _______ / _______ / _______
Dd  Mm  Yy

Telephone number/s: (h): ___________________ (cell): ___________________

1. Do you have a valid CSST First Aid Course
   Yes ______   No ______
   If yes, please provide a photocopy of certificate

2. Do you have a valid driver’s license       Yes ______   No ______

Please tell us why you are interested in taking this course.
KITIGAN ZIBI KIKINAMADINAN & PAKINAWATIK SCHOOL CULTURAL WEEK 2010 OCTOBER 25—29, 2010

If you are a parent, grandparent or guardian of a Pakinawatik School student or a Kitigan Zibi School student, you are welcome to come to visit our upcoming cultural activities next week. Let's celebrate our culture, history and language!

Tel: 819-449-1275 Ms. Shirley Whiteduck / Kitigan Zibi School
Tel: 819-449-2848 Pakinawatik School
ATTENTION PARENTS OF YOUNG CHILDREN!

Are you interested in purchasing Scholastic Books for Christmas?
If you would like to see some Book Order Forms from November's Issue of ELF, SEESAW, HOLIDAY GIFT BOOKS & CLICK, please call At Odekan Head Start Program 819-449-2702

Thanks!
Valerie
**ATTENTION**

INCOME SECURITY RECIPIENTS

Please be advised that the Income Security cheques for November 2010 will be released on;

Thursday October 28 2010

8: 30 a.m.

at the Health Center

Please note that if you cannot pick up your cheque within 5 working days it will be cancelled.

If you have any questions please contact Susan at the Health Center 819-449-5593.
HEALTH NOTICE TO

USERS OF THE FITNESS CENTRE

Please be advised that effective December 1, 2010, all persons who have signed up or who will be signing up be it first-time users or persons who are simply renewing their membership, that it will be MANDATORY to complete the PAR-Q (Physical Activity Readiness Questionnaire).

Also, please note that it will be required for you to complete this form every 12 months and will become invalid if your condition changes that would cause you to answer “Yes” to any of the seven (7) questions (see attached “sample form”).

The purpose of this questionnaire is to ensure that you are aware of your physical health and the dangers associated if you answer “Yes” to any of the 7 questions.

KZHSS must ensure that users of the Fitness Centre are aware of their health and have read, understood and completed the questionnaire for legal and administrative purposes.

Please drop off your completed questionnaire to the Health Center. Thank you for your cooperation in this very important matter.

/att.

October 13, 2010
KZHSS
PAR-Q & YOU

(A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

YES NO

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?

2. Do you feel pain in your chest when you do physical activity?

3. In the past month, have you had chest pain when you were not doing physical activity?

4. Do you lose your balance because of dizziness or do you ever lose consciousness?

5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?

6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?

7. Do you know of any other reason why you should not do physical activity?

If you answered YES to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.

- Find out which community programs are safe and helpful for you.

If you answered NO to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- start becoming much more physically active — begin slowly and build up gradually. This is the safest and easiest way to go.

- take part in a fitness appraisal — this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

DELAY BECOMING MUCH MORE ACTIVE:

- if you are not feeling well because of a temporary illness such as a cold or a fever — wait until you feel better; or

- if you are or may be pregnant — talk to your doctor before you start becoming more active.

PLEASE NOTE: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Informed Use of the PAR-Q: The Canadian Society for Exercise Physiology, Health Canada, and their agents hold no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

NAME

SIGNATURE

DATE

SIGNATURE OF PARENT or GUARDIAN (for participants under the age of majority)

DATE

WITNESS

Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.

© Canadian Society for Exercise Physiology

Supported by: Health Canada Santé Canada

continued on other side...
FITTNESS AND HEALTH PROFESSIONALS MAY BE INTERESTED IN THE INFORMATION BELOW:

The following companion forms are available for doctors' use by contacting the Canadian Society for Exercise Physiology (address below):

The Physical Activity Readiness Medical Examination (PARmed-X) — to be used by doctors with patients who answer "YES" to one or more questions on the PAR-Q.

The Physical Activity Readiness Medical Examination for Pregnancy (PARmed-X for Pregnancy) — to be used by doctors with pregnant women who wish to become more active.

References:


For more information, please contact the:
Canadian Society for Exercise Physiology
202-185 Somerset Street West
Ottawa, ON. K2P 0J2
Tel. 1-877-651-3755 • FAX (613) 234-3565
Online: www.csSep.ca

The original PAR-Q was developed by the British Columbia Ministry of Health. It has been revised by an Expert Advisory Committee of the Canadian Society for Exercise Physiology chaired by Dr. N. Geddie (2002).

Disponible en français sous le titre «Questionnaire sur l’aptitude à l’activité physique- QAP» (révisé 2002).
I would like to present the brave young gentleman that participated in the 3rd annual Cultural Activity that was hosted by the YES Program and Mike D (volunteer). The young hunters are as follows: Keenon Diabo, Issac Tenasco, Bryce Thran, Zach Decontie and Makwa Tenasco. We were fortunate enough to get some fish, birds and to harvest a young bull moose.

A good portion of the meat will be donated to the KZ School for the Cultural Week activities from Oct. 25-29, 2010.

Way to go guys!!!  

Migwech

Dan
SALSA DANCE

Date: Friday, November 19, 2010

Time: 7:00—11:00 p.m.

The YES Program will be organizing a Salsa Dance with a Salsa Dance Team from Gatineau on Nov. 19, 2010.

Are you interested in performing a Salsa Dance routine?

Location: Community Hall

Mexican snacks will be made available!

Call Dan Decontie at 449-5456 for details!
Saunders Farm
HAUNTING SEASON

A bus is leaving at 1pm
for a fun & scary experience
on Saturday October 30th, 2010
& returning by 11pm

For ages 10-17 yrs. old
Admission to the attraction and
transportation will be provided.
Supper and snacks will be your responsibility
Please call at the Health Centre to register for this activity by
Thursday October 28, 2010
Parents are welcomed to volunteer....

Activity sponsored by the Haunted Hay Ride Volunteer Group &
the YES Program
Program's goal

Encourage and support Native participation in educational opportunities leading to professional careers in the health field.

Program's origin

In 1996, the regional committee of First Nations and Inuit Health Careers Program, decided to honour Doctor John Big Canoe's memory by giving Excellence Awards to students who distinguished themselves during the previous school year.

List of admissible categories

College: 400.00 $  
Bachelor: 500.00 $  
Master Degree: 600.00 $  
Doctorate: 700.00 $  
Medicine: 1 000.00 $  

Admissibility

Must be a full time student in the health field at a post-secondary institution and have completed the last two consecutive semesters with success.

How to Register

You must complete the registration form, attached with your marks from the fall and winter sessions of the preceding year as well as proof that you are a First Nation or Inuit member.

You may send the required documents to the following address during the first week of November of each year:

Vicky Lelièvre  
Institut Tshakapesh  
Comité de la Direction Régionale  
Programme des Carrières de la Santé  
1034, avenue Brochu  
Sept-Îles (Quebec) G4R 2Z1  
Fax: (418) 968-1841  
E-mail: vicky.lelievre@tshakapesh.ca

Form and additional information

The registration form (in PDF format) and additional information are also available through the person in charge of post-secondary studies at your band council or directly on Institut Tshakapesh's web site:

www.tshakapesh.ca
I don’t know about you but as I grow older, I find myself in a cycle, from one year to the next year about the same time, I seem to be repeating the same patterns. I don’t know if it’s because of my job or working with people with the same problems day in and day out, I just get to a point where I need to sit down, take a deep breath and reflect on myself. For this month’s articles Sue and I, found some articles that we thought might interest our readers. “What is Lateral Violence” and “Gossip and Rumors”. ~ Lynn

What is Lateral Violence?

Lateral Violence:
- behavior includes gossip/shaming/blaming, putting down others, family feuds
- when oppressed people act out rage, anger, and frustration
- when violence is directed at one’s own people
- when oppressed groups turn on each other
- outward jealousy and envy of others

We can see lateral violence at the First Nation community levels. It is a ‘cloud’ that has loomed over us for years. Lateral violence has become a destructive way of life for families and communities.

Oppression:
- the unjust or cruel exercise of power or authority from one group of people over another group
- a dominant group of people keeping another group of people contained or controlled
What is Lateral Violence?
continue from page 1

We have learned many negative ways to live with one another. We have learned that whoever drives the best car or lives in the best house or is better off than we are. This is not true.

We have learned to want and desire material objects and forget to be thankful for what we have, even if it is very little. We forget to be thankful for another day, for all of creation, for our lives, for our ‘gifts’ (our children), the real important things in our lives.

This way of thinking has brought on feelings of jealousy and envy. We have learned to think individual-based rather than our traditional, community-based ways of thinking.

<table>
<thead>
<tr>
<th>Move from</th>
<th>➤ greed, power, control, money, authority, jealousy, envy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Move towards</td>
<td>➤ harmony, equality, sharing, balance, respect, happiness</td>
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We must not get ‘stuck’ in a place that is constantly ‘blaming’ one another, including the non-Native society. We are all responsible for the choices we make and the actions we carry out.

We do not ‘need’ to get caught up in lateral violence. We can choose to walk away, let go of past ‘grudges’, and move on with our lives. We want to discourage our children from using lateral violence and model healthy living for them.

Lateral violence among Native people is about our anti-colonial rage working itself out in an expression of hate for one another.

Source: I Am Women, Lee Maracle. Page11

The best way to deal with lateral violence is with kindness.
We should try not to react to those people that spend their time and energy in a negative way.
It is the reaction that they are waiting to see.
What is Lateral Violence?

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<table>
<thead>
<tr>
<th>Why Do People Use Lateral Violence?</th>
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<tbody>
<tr>
<td>⇒ low self esteem and self worth</td>
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<tr>
<td>⇒ cannot accept others</td>
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<tr>
<td>⇒ confused and unhappy with themselves</td>
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<tr>
<td>⇒ ‘stuck’ in the cycle</td>
</tr>
<tr>
<td>⇒ lack of knowledge and awareness</td>
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<tr>
<td>⇒ unresolved anger, pain, shame.</td>
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</tbody>
</table>

Someone somewhere in time
loved me enough to hope that I could have a good life,
so now I must at least try to do the same
in a way that benefits others and not just myself.
Sources: www.indigenousconcepts.ca/forum/viewtopic
and www.equaywuk.ca

Gossip and Rumors:
Why It Hurts, Why it’s Wrong

Let’s say you have a piece of wood, a nail and a hammer. Pretend the wood is a person, and the nail is a nasty rumor about that person. If you hammer in the nail, you’re obviously hurting him or her. If you then pull out the nail ... well, there’s still a hole in the wood, and the damage has been done.

There are many reasons why that nail of a rumor can be so harmful:

**Words hurt as much as a punch**

Sometimes more, because a punch may be painful, but at least it’s over pretty fast. Rumors are, quite simply, a form of bullying that’s sometimes referred to as “relational aggression”.

When a person or a group makes up a rumor about someone or decides to spread nasty gossip, it’s usually to hurt someone, break up a friendship, or make someone less popular. It’s the same thing as teasing, only it’s done behind someone’s back instead of to his or her face.

**Gossip and rumors can be a form of exclusion**

When you spread a rumor about someone, you’re sending a signal that the person is outside of the group, and somehow less worthy of friendship than others. You’re making fun of that person or pointing out negative things about him or her. This can let others think that it’s okay to make the person feel inferior, and make him or her an outsider.

**Gossip and rumors can destroy trust**

We need to be able to trust our friends, and gossiping and rumors can break this trust.
Gossip and Rumors
Continue from page 3

If you tell a personal secret to a friend, and he turns around and blabs it to someone else, you might feel like you’ll get burned if you ever get close to him again.

**True or not, private is private**

Let’s say your mother tells you that your friend Susannah’s parents told her that they’re getting a divorce. You don’t feel bad about passing it around because, after all, it’s a fact, right? **Wrong!** Perhaps Susannah isn’t ready for people to know about her parents splitting up. It can be very painful and humiliating when other people know things about us that we want to keep private. It can make us feel like we’ve been violated, like something that is supposed to be just ours is now out in the open for all to see... and to judge.

**Believing rumors can lead to bad choices**

Letting a rumor influence your behavior is like letting someone else make a big decision for you. Let’s say you hear that the Principal plans to call a Snow Day tomorrow because a blizzard’s coming. Expecting a day off, you don’t do your homework. The next morning, the blizzard turns out to be nothing more than a drizzle, and school isn’t cancelled after all. **DOH!** You get zeroes on your assignments.

Here’s another example: the gossip grapevine has it that the new girl in school is snobby, so you avoid her. Years later, you and the girl become friends, and you learn that she’s not a snob at all! You missed spending a lot of time with a cool person because you judged her based on a rumor.

Once you understand the damage they can do, how do you go about **Breaking the Chain** of rumor and gossip?

Source: pbskids.org/itsmylife/friends/rumors

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**Happy Halloween**
October 18, 2010

Assembly of First Nations and the Holmes Group Project Building Homes and Building Skills: Announcement of Plan and Criteria

Ottawa (ON) - Assembly of First Nations National Chief, Shawn A-in-chut Atleo and "Canada's Most Trusted Contractor" Mike Holmes of "Holmes on Homes"® and The Holmes Group are pleased to announce the release of information for their joint pilot project to assist First Nations called Building Homes and Building Skills.

“I am encouraged by the positive response and interest we are receiving from First Nation people and communities to this initiative,” National Chief Atleo said. “Many of our people have already stated that they want to participate in this pilot project. It will highlight the urgent need for better housing in our communities as well as models, best practices and innovative approaches to address these needs. This project is, of course, not the single answer to the housing crisis, but all First Nations will benefit by having access to the tools and outcomes that it will generate, including a Center of Excellence for First Nation housing and the development of a First Nation Community Planning Tool.”

Under the criteria developed jointly by the AFN and the Holmes Group, a First Nation in the Ontario region will be selected as the site of a pilot project to design, plan and implement building activities that are based on green and sustainable practices. The choice of the Ontario region for the first project reflects the desire of the Toronto-based Holmes Group to ensure that resources are maximized for use in the community so that everyone involved can “Make it Right”.

There will be numerous benefits to all First Nations in Canada. The pilot project will identify the process that a First Nation needs to undertake when planning and designing such a project:

- Project size and infrastructure servicing
- Financial resources and community organizational capacity
• Advanced and integrated communications platform
• Micro generation and clean energy technology investments
• Required skills training and capacity development
• Sustainable practices for existing housing retrofits and new home construction

The pilot project will help to create a series of tools, models, best practices and processes that will be available to all First Nations in their efforts to achieve green and sustainable communities. This work will be incorporated into the establishment of a First Nation Centre of Excellence on green and sustainable community design that will be under the leadership of the AFN. All aspects of the Centre of Excellence will support the development of a First Nation Community Planning Tool that can be used by all First Nations.

The community planning tool will document the process of planning and design that the pilot First Nation utilizes. It will setout the steps that a community needs to consider when undertaking such a project, including the creation of a regulatory environment that promotes sound policies, appropriate codes and standards, zoning and bylaws for land use, compliance and enforcement procedures, and the means of developing community consensus to move planning and design to sustainable implementation.

There are also potential opportunities to First Nations communities outside of Ontario to participate in the pilot project through on-site training and professional development by involving First Nation individuals in various stages of construction activity. The pilot will also consider the involvement of materials and equipment from First Nation enterprises, such as using value-added wood products in renovation and construction.

The Assembly of First Nations and the Holmes Group view the Pilot Project as the starting point of a partnership that will help to build future projects and activities in other regions of the country and assist all First Nations in achieving their respective visions for green and sustainable community design.

The First Nation chosen as the site of the pilot project will be announced in December of this year.

The Assembly of First Nations is the national organization representing First Nations citizens in Canada.

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